

# MYSORE CLASS & GANESH PUJA with Eddie Stern

@ Ashtanga Montauk, Sat, Aug 18, 9am -12

please RSVP, limited class space, \$30 Yoga

All donations for Ganesha Puja benefit [WWW.KNOTONMYPLANET.ORG](http://WWW.KNOTONMYPLANET.ORG)

Chai & Snacks provided!

[www.ashtangamontauk.com](http://www.ashtangamontauk.com)

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Throughout 2018, Eddie is going around the world performing GANESH PUJAS to spread the awareness of the plight of the mighty and majestic elephants, whose existence on this planet is being imperiled through poaching. While pujas are always free, we are accepting donations at the end of these special pujas, and all of the money collected is being donated to [KNOT ON MY PLANET](http://WWW.KNOTONMYPLANET.ORG), which supports elephant protection in Africa and the end of the ivory trade worldwide. These pujas are being performed this year in Moscow, Stockholm, Chengdu, London, Amsterdam, Milan, India, Buenos Aires, and Los Angeles. Please wear clean, festive clothing, and bring fresh fruits, nuts, or flowers, which we will offer to Ganesh.

GANESH is the elephant-headed Hindu deity who is the remover of obstacles, and the giver of success for all new undertakings. This ceremony creates a feeling of joy and devotion, and creates a special sense of community. Explanations will be given as we go through the steps of the ceremony, which will include group chanting and other offerings.

There are only 415,000 elephants left in the entire world, and they are being slaughtered at a rate of 30,000 per year. If this is allowed to continue, we could be the last generation to ever see an elephant in the wild. For more information, please visit [WWW.KNOTONMYPLANET.ORG](http://WWW.KNOTONMYPLANET.ORG)



**Eddie Stern** is a yoga teacher, author, and lecturer based in Brooklyn, New York. He is known for his multi-disciplinary approach to furthering education and access to yoga, as well as his teaching expertise in Ashtanga Yoga. His projects include the *Urban Yogis*, a gun- and harm reduction program in Queens; *Breathe, Move, Rest*, a public education health and wellness non-profit; *The Breathing App*, a free app that teaches resonance breathing for stress and anxiety reduction. He has collaborated on several books on yoga, including *Yoga Mala* (Farrar, Straus and Giroux), and *On Yoga: The Architecture of Peace* (Taschen). His next book, *One Simple Thing: A New Look at the Science of Yoga* (FSG) is due out in 2019. He and his wife Jocelyn run the [Brooklyn Yoga Club](http://WWW.BROOKLYNYOGA.COM) and [Ashtanga Yoga New York](http://WWW.ASHTANGAYOGA.COM) in Clinton Hill, Brooklyn.